closed cavity forming sections generally running from the front end to the rear end of the skateboard; and

shaping the metal skateboard near said front end and rear end at a predetermined angle in a shape suitable for a skateboard, the skateboard adapted to be ridden by a standing person whose feet extend generally perpendicular to a longitudinal axis of the skateboard.

- 19. (Amended) A method of manufacturing a skateboard as recited in claim 18, further including annealing the metal skateboard before shaping the metal skateboard.
- 22. (Recited) A method of manufacturing a skateboard as recited in claim 18, further including providing a foam filler in at least one of the one or more cavity forming sections.
- 23. (Amended) A method of manufacturing a skateboard as recited in claim 18, wherein said step of providing a metal skateboard includes providing a metal skateboard in less than a T-5 tempered hardness condition prior to shaping the metal skateboard.
- 24. (Amended) A method of manufacturing a skateboard as recited in claim 18, wherein said metal skateboard is made of an aluminum material.
- 25. (Twice Amended) A method of manufacturing a skateboard, the skateboard adapted to be ridden by a standing person whose feet extend generally perpendicular to a longitudinal axis of the skateboard, comprising:

extruding an elongated metal <u>skate</u>board made of an aluminum alloy, the elongated metal <u>skate</u>board having a front end, a rear end, a top surface, a bottom surface, a left edge, a right edge, and one or more longitudinally elongated continuous closed cavity forming sections generally running from the front end to the rear end of the <u>skate</u>board, at least one of the cavity forming sections having a width and a height, the width being greater than the height;

shaping the elongated metal skateboard into a shape suitable for a skateboard; and

reatment process, the skateboard adapted to be ridden by a standing person whose feet extend generally perpendicular to a longitudinal axis of the skateboard.

- 26. (Recited) A method of manufacturing a skateboard as recited in claim 25, wherein the aluminum alloy is a 6000 series alloy.
- 27. (Recited) A method of manufacturing a skateboard as recited in claim 25, wherein the aluminum alloy is a 6005 alloy.

28. (Amended) A method of manufacturing a skateboard as recited in claim-25, wherein the metal skateboard is in a T-4 tempered hardness condition before shaping the elongated metal skateboard and is hardened by said heat treatment process to at-least a T-5 hardness condition after shaping the metal skateboard.

- 29. (Amended) A method of manufacturing a skateboard as recited in claim 25, further including annealing the elongated metal skateboard prior to shaping the metal skateboard.
- 30. (Recited) A method of manufacturing a skateboard as recited in claim 29, wherein the aluminum alloy is a 6000 series alloy.
- 31. (Recited) A method of manufacturing a skateboard as recited in claim 25, wherein the aluminum alloy is a 6061 alloy.
- 32. (Recited) A method of manufacturing a skateboard as recited in claim 25, wherein the metal skateboard is annealed to a T-0 tempered hardness condition.
- 33. (Recited) A method of manufacturing a skateboard as recited in claim 25, wherein the metal skateboard is hardened by the heat treatment process to at least a T-5 tempered hardness condition after shaping the metal skateboard.

be ridden by a standing person whose feet extend generally perpendicular to a longitudinal axis of the skateboard, comprising:

extruding an elongated attrainum metal skateboard having a front end, a rear end, a top surface, a bottom surface, a left edge, a right edge, and one or more longitudinally elongated continuous closed cavity forming sections generally running from the front end to the rear end of the skateboard;

annealing the elongated metal skateboard; and

shaping the elongated metal <u>skate</u>board into a form suitable for a skateboard, <u>the</u> <u>skateboard adapted to be ridden by a standing person whose feet extend generally perpendicular to a longitudinal axis of the skateboard.</u>

. 35. (Recited) A method of manufacturing a skateboard as recited in claim 34, wherein annealing includes annealing to less than a T-5 hardness condition.

36. (Amended) A-method-of-manufacturing a skateboard as recited in claim 34, further including hardening the metal skateboard to at least a T-5 hardness condition.

37. (Amended) A method of manufacturing a skateboard, the skateboard adapted to be ridden by a standing person whose feet extend generally perpendicular to a longitudinal axis of the skateboard, comprising:

extruding an elongated aluminum metal <u>skate</u>board having a front end, a rear end, a top surface, a bottom surface, a left edge, aright edge, and one or more longitudinally elongated sections;

shaping the metal skateboard near said front end and rear ends into a predetermined shape; and

heat treating the metal <u>skate</u>board to reduce stresses formed in the metal <u>skate</u>board, <u>the</u> <u>skateboard adapted to be ridden by a standing person whose feet extend generally perpendicular to a longitudinal axis of the skateboard.</u>